

Education Wellbeing Service Webinar

Conflict, Communication and Compromise - The Teen Years

Education
Wellbeing
Service

This online workshop is designed for parents navigating the challenges of raising teens. Discover strategies to manage conflicts at home, gain insights into the teenage brain, and learn how to handle big emotions effectively.

This workshop will equip you with practical communication tools to build a stronger, more understanding relationship with your teen.



DATE / TIME

Monday 9th March
1.00-2.00pm



Scan the
QR code
or
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LOCATION

Online - Hosted on Teams

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wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Thursday 12th March
7.00-8.00pm



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